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Episode 2 of our New Podcast and Youtube Series: **Wrestling Science and Soviet Strength Training**

Recap and Summary of Dr. Yessis and Dr. Curby from the Wrestling Mindset 2021 Leadership Clinic.

Learn about:

- 1x20 Program
- Secrets of Soviet Success
- Wrestling Specific Training
- Training Injuries with Age Specialization
- Weight lose 5% Rule
- International Journal of Wrestling Science
- Gene's Thesis "Anxiety and Perfectionism"

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Wrestling Science and Soviet Strength Training

DR. YESSIS
DR. CURBY



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You can also listen to it on our podcast below:

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Dr. Yessis is considered this country's foremost expert on sports performance. Dr. Yessis has written 17 books in the sports and fitness field.

Dr. Curby: Known as The Doctor of Wrestling is an expert on the scientific study of wrestling

[Buy the Replay of the 2021 Coaches Clinic Below for only \\$39.99 here](#)

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Mindset Makes The Difference!





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